AGGING in MASSACHUSETTS Shaping the Future

Governor's Council to Address Aging in Massachusetts Blueprint Recommendations 10 December 2018

Overview **Timeline**



April 2017

Governor Baker signs Executive Order 576, establishing the Governor's Council to Address Aging in Massachusetts

December 2017 Blueprint documenting needs and initial recommendations released

April 2018

Workgroups (Housing, Transportation, Caregiving, Employment, and Innovation and Technology) kick-off

October 2018

Workgroups presented reports to the Council, seeking input on implementation, priority and feasibility

December 2018 Draft proposed final recommendations reviewed by Council

December 2018 Final blueprint recommendations released

Highlights To-Date:

- ✓ Four listening sessions conducted throughout the state, representing input from 500+ individuals
- Massachusetts became second of three states to enroll in the AARP Network of Age-Friendly Communities
- Age- and Dementia-Friendly best practices introduced in Community Compact program for Fiscal Year 2019
- ✓ The In Good Company: Optimal Aging Challenge launched in August 2018 bringing in 66 innovations
- ✓ Workgroups submitted reports

Overview Our Process



Year One (2017)

Formed the Council

 On April 12, 2017, Governor Baker signed Executive Order 576 establishing the Governor's Council to Address Aging in Massachusetts

Listened and Learned

- Held **four listening sessions** across the Commonwealth
- Conducted four expert panels
- Received input via web portal
- Reviewed **documentation and data** from thought leaders in the field

Created Initial Blueprint

- Defined **future vision for the state** and priorities **framework** to enable that vision
- Drafted **potential initial recommendations** within the framework

Year Two (2018)

Mobilized Workgroups

 Established five workgroups to put forth recommendations in specific topics (Housing, Transportation, Caregiving, Employment, Innovation and Technology)

Compiled Final Recommendations

- Identified **28 recommendations with 67 action items** from workgroups and initial blueprint
- Established an **implementation plan**, including reporting mechanism

Took Action

- Became the 2nd state in the nation to enroll in the AARP Network of Age-Friendly Communities
- Introduced Age- and Dementia-Friendly best practices in **Community Compact** for FY'19
- Launched the *In Good Company: Optimal Aging Challenge* bringing in **66 innovations**



Received input regarding concerns, ideas and opportunities from over 500 residents and stakeholders

Vision loss Purpose Mental health Information Stay in homeRespect Independence Connection LGBT Assisted living Caregiver Accessible services Affordable Isolation Grief Transportation Hearing loss Housing Health Jobs Housing Planning Choice Economic security Ageism Dementia

Year One Future State and Framework



Aspirational Future State

All Massachusetts communities are considered age-friendly

Aging is embedded in all policies and older adults are considered an asset

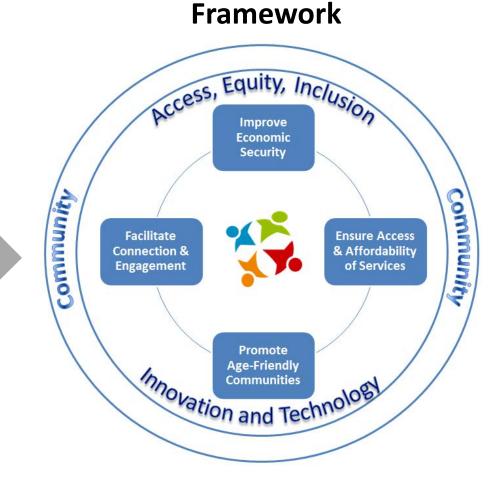
Massachusetts is the Silicon Valley of innovation in aging and exports knowledge and services

Continuum of long-term care services is reimagined and integrated

People of all ages have access to health and social supports and disparities are reduced

People proactively plan for a 100-year life

Residents have the resources to live a meaningful life in the community they choose

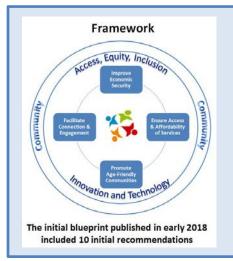


The <u>initial year one blueprint</u> published in early 2018 included 10 initial recommendations

Year Two - Workgroup Reports **Highlights**



Caregiving	The Caregiving Workgroup focused on ways to support family (unpaid) caregivers. They identified solutions and tools to support caregivers where they are aggregated (most notably in the workplace), to increase self-identification of caregivers, and to improve awareness of resources for families.
Employment	The Employment Workgroup focused on ways to increase economic security of older adults through working longer and saving more. They identified solutions and tools on the benefits of working longer, ways to increase retirement savings, and the importance of older adults in the workforce. They have also explored the possibility of designating Age-Friendly Employers.
Housing	The Housing Workgroup focused on four areas to improve housing and promote aging in community for older adults. They identified solutions and tools to develop design standards for housing, expand support services in housing, increase production of affordable service-enriched housing, and increase utilization of property tax deferral programs.
Transportation	The Transportation Workgroup focused on the many challenges and barriers to mobility and transportation for older adults throughout the Commonwealth. They identified strategies and supporting tactics to assist individuals aging in community through improved access to transportation and opportunities to increase mobility.
Innovation and Technology	The Innovation and Technology Workgroup focused on launching the <i>In Good Company: Optimal Aging Challenge</i> to find innovative solutions to address loneliness and isolation in older adults. GE Healthcare hosted and resourced this challenge, including prize money, with additional support from the MIT AgeLab and Benchmark Senior Living.



Initial Blueprint

Recommendations aligned to the four areas of the framework, including **other big opportunities** related to reframing aging, amplifying cross-sector collaboration, and harnessing the longevity economy



Technology

Workgroups

Recommendations specific to workgroup topic, including **targeted opportunities** to address challenges in caregiving, employment, housing and transportation

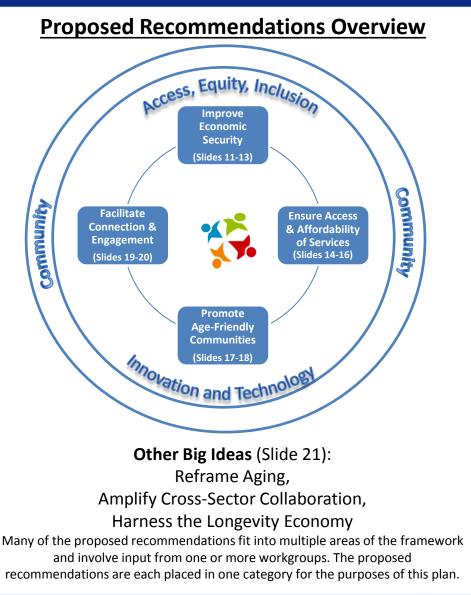
Compiled Recommendations:

28 recommendations with 67 action steps; all aligned to the framework introduced in the blueprint

Recommendations

Overview





Proposed Strategy for Implementation

- 19 of the 28 recommendations may be implemented <u>without</u> additional funding or legislation
 - All recommendations will become embedded with appropriate owners in the Massachusetts Age-Friendly State Plan
 - The Executive Office of Health and Human Services and Executive Office of Elder Affairs will be responsible for working with implementers and responsible partners and tracking progress as part of the Age-Friendly State Plan
- 9 of the 28 recommendations may require state legislation or budget support to be implemented
 - Governor Baker will work with Cabinet and the legislature to discuss action on these recommendations
- All recommendations will be implemented with input and support from older adults and family caregivers, and from economically, racially, and culturally diverse communities
 - The Council recognizes that the voices of those impacted by these recommendations is critical to successful implementation

Recommendations **Overview – Framework Crosswalk**



Recommendation	Improve Economic Security	Ensure Access & Affordability of Services	Promote Age-Friendly Communities	Facilitate Connection & Engagement
1. Partner with employers to strengthen businesses' support of family caregivers in the workplace	1	~		~
2. Educate older adults on the benefits of working longer	✓			~
3. Introduce an auto-IRA program to increase retirement savings	✓			
4. Establish an Age-Friendly Employer Designation program	✓		~	
5. Promote value of older workers with businesses	✓		~	✓
6. Support training for career centers to better serve older job seekers	✓		~	
7. Improve access and affordability of health care coverage for older residents	✓	~		
8. Increase awareness and utilization of property tax deferral programs	✓			
9. Increase resources to expand supportive housing production for all income levels	✓	✓	~	\checkmark
10. Expand supportive services in state public housing		✓	~	✓
11. Improve self-identification of family caregivers and awareness of resources		✓		~
12. Support training, education, and career ladder programs to promote professional direct care workforce development	1	✓	~	
13. Ensure that programs, services, and information are inclusive of all populations		✓	~	~
14. Reimagine the continuum of in-home and facility-based services for those who need long-term services	~	✓	~	✓
15. Integrate health care, behavioral health and coordinated care		✓	\checkmark	

✓ - Categorization for purposes of this plan

Recommendations **Overview – Framework Crosswalk**



Recommendation	Improve Economic Security	Ensure Access & Affordability of Services	Promote Age-Friendly Communities	Facilitate Connection & Engagement
16. Make better use of transportation tools that are already available	~	✓	~	~
17. Support the age- and dementia-friendly efforts in local municipalities		~	✓	~
18. Support and promote a statewide age- and dementia-friendly effort			×	
19. Develop design standards for all state-funded senior housing to maintain tenancies in the face of increased frailty	~	~	~	
20. Improve the built environment through structural enhancements and policy to improve mobility and transportation		1	×	~
21. Increase opportunities for lifelong learning and service for older adults and caregivers		~	~	✓
22. Partner with local organizations to promote connection and engagement for older adults and caregivers, including multigenerational opportunities			~	✓
23. Build on successful programs that identify risk for isolation and depression		~	~	✓
24. Support older drivers and those in transition by addressing upstream determinants		√	~	✓
25 . Explore new ways to fulfill a rider's "total trip" through supportive transportation and Transportation Network Companies		1	~	1
*26. Reframe the conversation about aging from a "challenge" to an "asset" and reduce stigma surrounding aging and caregiving	~	1	~	~
*27. Amplify cross-sector collaboration and partnerships to address opportunities in aging	✓	✓	~	✓
*28. Harness the longevity economy and make Massachusetts the Silicon Valley of Aging	~	~	~	~

Categorization for purposes of this plan
 * - Other Big Ideas

Recommendations and Action Steps Improve Economic Security (1 of 3)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 1. Partner with employers to strengthen businesses' suppo	ort of family caregivers in t	he workplace	
Pilot and receive feedback on the employer toolkit with select businesses Caregiving Workgroup Deliverable: Supporting Working Caregivers Toolkit for Employers	AARP MassachusettsEmployer Groups	-	Not Started
Establish public-private partnership to manage toolkit implementation	EOEA EOLWD	-	In-Progress
Determine data collection strategy and clearinghouse for employer and caregiver data		-	Not Started
Recommendation 2. Educate older adults on the benefits of working longer			
Raise awareness on the importance of working longer by engaging employers and older workers	Employer GroupsEOEA	-	In-Progress
Publish materials and tools on the benefits of working longer online and distribute through stakeholders and community organizations <i>Employment Workgroup Deliverables: Elevator Speech, HR PowerPoint Presentation,</i> <i>Social Security Claiming Guide</i>	• EOLWD	-	Not Started
Recommendation 3. Introduce an auto-IRA program to increase retirement sa	avings		
Review existing market and legal analyses of IRA programs developed and implemented in other states <i>Employment Workgroup Deliverable: Auto-IRA Proposal Design Informed by Experience of</i> <i>Other States</i>	 AARP Massachusetts BC Center for Retirement Research Office of Governor Office of the Treasurer 	-	Complete
Evaluate feasibility of implementing a state managed auto-IRA program in Massachusetts	Employer GroupsOffice of the Treasurer	May Require New Legislation	Not Started
Develop a plan to implement, administer, and manage an auto-IRA program	Office of the Treasurer	-	Not Started

Recommendations and Action Steps Improve Economic Security (2 of 3)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 4. Establish an Age-Friendly Employer Designation program	n		
Develop plan to administer the Age-Friendly Employer Designation program Employment Workgroup Deliverable: Age-Friendly Employer Designation Program Criteria	 AARP Massachusetts Employer Groups EOEA EOLWD RetirementJobs.com 	May Require Budget	In-Progress
Implement marketing and outreach strategy to encourage employers to receive designation		Support	Not Started
Recommendation 5. Promote value of older workers with businesses			
Raise awareness among business leaders and share the case for hiring and retaining older workers Employment Workgroup Deliverables: Business Case for Older Workers, Tri-Fold Brochure	 Employer Groups EOEA EOLWD 	-	In-Progress
Implement dissemination strategy with supporting documents and materials to employers on benefits of hiring and retaining older workers		-	Not Started
Recommendation 6. Support training career centers to better serve older job	seekers		
Train local MassHire agency staff on skills and benefits of older workers	EOEAMassHire	-	Complete
Recommendation 7. Improve access and affordability of health care coverage for older residents			
Increase income eligibility for Medicare Shared Savings Program	 EOHHS Mass Senior Action Council 	May Require New Legislation and Budget Support	In-Progress

Recommendations and Action Steps Improve Economic Security (3 of 3)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 8. Increase awareness and utilization of property tax defer	ral programs		
Explore opportunities to increase income limits for participation, reduce interest rates, and provide a grace period of one year <i>Housing Workgroup Deliverable: Property Tax Deferral Program Proposal</i>	 Department of Revenue Local Planning Commissions MCOA MMA 	May Require New Legislation	Not Started
Increase consumer and municipal awareness of tax relief programs Housing Workgroup Deliverable: Property Tax Deferral Program Proposal	 Division of Local Services Local Planning Commissions MCOA MMA Boards of Assessors 	-	Not Started
Recommendation 9. Increase resources to expand supportive housing produ	iction for all income levels	;	
Increase advocacy for additional Federal Section 202 funding for Massachusetts	 Congressional Delegation Office of Governor 	-	Not Started
Convene healthcare industry leaders to explore participation in creating sustainable and replicable programs and financial partnerships to support production and operation of moderate-income supportive housing for older adults	 DHCD Healthcare Organizations MassHousing Medicare ACOs 	-	In-Progress
Explore a loan product for moderate-income supportive housing production Housing Workgroup Deliverable: Framework for Middle-Income Supportive Senior Housing Program	MassHousing		In-Progress

Recommendations and Action Steps AGING Ensure Access and Affordability of Services (1 of 3) Steps to Burgets Steps to Burgets

Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislative or Budget	Status
Recommendation 10. Expand supportive services in state public housing			
Leverage aging services network to replicate and scale best practices among current Supportive Housing Providers Housing Workgroup Deliverables: Survey and Inventory of Senior Affordable Housing Properties	 ASAPs DHCD EOEA Local Housing 	-	In-Progress
Explore opportunities to expand site-based services and supports to all state-aided senior public housing buildings with a potential increase in resources	AuthoritiesMassHealthSenior Care Option Plans	May Require Budget Support	In-Progress
Recommendation 11. Improve self-identification of family caregivers and away	areness of resources		
Promote and support national and state awareness initiatives	AARP MassachusettsEOEA	-	In-Progress
Increase marketing and outreach efforts, including development of additional content on Mass.gov website <i>Caregiving Workgroup Deliverable: Mass.gov Caregiving Web Pages</i>	ASAPsCOAsEOEA	-	In-Progress
Continue to explore ways to meet caregivers where they naturally "aggregate" Caregiving Workgroup Deliverable: Regional Caregiver Meeting Overview		-	In-Progress
Include caregiver identification questions in public health population surveys	DPHEOEA	-	Not Started
Recommendation 12. Support training, education, and career ladder programs to promote professional direct care workforce development			
Explore and pilot options to develop a Universal Health Care Worker, as well as enhance the role of a direct care worker and family caregiver through technology	 Department of Higher Education DPH EOEA UMass System 	-	In-Progress

Recommendations and Action Steps AGING Ensure Access and Affordability of Services (2 of 3) AGING

Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 13. Ensure that programs, services and information are inc status, ability, location, etc.)	lusive of all populations (e.g., culture, language	, economic
Implement required LGBT training for aging service providers	 Aging Services Providers EOEA LGBT Aging Commission 	-	In-Progress
Bring mobility resources and teach travel skills on the fixed route system to diverse communities Transportation Workgroup Deliverable: Gateway City Analysis	MassDOTRTAs	-	Not Started
Promote inclusivity of deaf/hard of hearing and low vision residents in existing programs	 Aging Services Providers EOHHS MABVI 	-	In-Progress
Ensure that all community and health services are accessible, inclusive, and culturally competent (e.g., multi-lingual capabilities, website check for ADA accessibility)	EOHHSMunicipal Government	-	In-Progress
Promote awareness of resources, programs and other opportunities for older adults and caregivers, such as discount programs	ASAPsCOAs	-	In-Progress
Recommendation 14. Reimagine the continuum of in-home and facility-based services for those who need long-term services			
Continue to adopt changes to the current continuum of care to meet the needs of those who wish to age in place	 EOHHS Industry Groups LeadingAge MA MARCH Mass ALA Mass Senior Care 	May Require New Legislation	In-Progress

Recommendations and Action Steps Ensure Access and Affordability of Services (3 of 3)

Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 15. Integrate health care, behavioral health and coordinate	ed care		
Collect outcomes data and explore expansion of older adult mental health programs, such as the Elder Mental Health Outreach Team (EHMOT) program	DMHDPHEOHHS	May Require Budget Support	In-Progress
Review opportunities for statewide access to coordinated and integrated services, including Senior Care Options (SCO) and Program for All-Inclusive Care of Elderly (PACE)	 EOHHS MassHealth Massachusetts Association of Health Plans Mass PACE Senior Care Option Plans 	-	In-Progress
Recommendation 16. Make better use of transportation tools that are alread	ly available		
Increase awareness and usage of RideMatch, travel instruction programs, Transportation Network Companies, and other alternatives to driving <i>Transportation Workgroup Deliverables: Transportation Scan, TNC Best Practices and</i> <i>Challenges</i>	 Aging Services Providers MassDOT DPU-TNC Division Local Planning Commissions RTAs 	-	In-Progress
Incentivize Regional Transit Authorities to increase offer of travel instruction programs by developing a cost/benefit analysis and best practice program materials	MassDOTRTAs	-	Not Started

Recommendations and Action Steps Promote Age-Friendly Communities (1 of 2)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 17. Support the age- and dementia-friendly efforts in local	municipalities		
Include age- and dementia-friendly best practices in the community compact program	AARP Massachusetts Aging Service	-	Complete
Increase the number of age- and dementia-friendly communities	 Aging Service DFM Division of Loop 	-	In-Progress
Support the creation of additional memory cafés throughout the Commonwealth	Division of Local Services	-	In-Progress
Improve access and availability of tools to assist communities in engaging in age- and dementia-friendly initiatives	 EOEA Local Planning Commissions 	-	In-Progress
Support the development of age- and dementia-friendly initiatives in Gateway Cities, rural communities, and underrepresented communities through technical assistance	 MCOA MHAC MMA 	-	In-Progress
Support local COA efforts through the formula grant and service incentive grants	EOHHSMA LegislatureMCOA	-	In-Progress (FY19 √)
Recommendation 18. Support and promote a statewide age- and dementia-f	riendly effort		
Enroll Massachusetts in AARP's Network of Age-Friendly States and Communities <i>Age-Friendly State Plan In-Progress</i>	 AARP Massachusetts DFM EOEA MHAC 	-	In-Progress (Enrollment√)
Review state polices and practices and embed aging, where possible	EOHHSMA LegislatureOffice of the Governor	-	In-Progress

Recommendations and Action Steps **Promote Age-Friendly Communities (2 of 2)**



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 19. Develop design standards for all state-funded senior he	ousing to maintain tenanc	ies in the face of incre	ased frailty
Finalize review of the proposed standards for feasibility and impact Housing Workgroup Deliverable: Adaptability Design Standards Core Elements	DHCDHousing Providers	-	In-Progress
Amend the Qualified Allocation Plan (QAP) to include senior design standards s for all housing produced for older adults and funded under the QAP		-	Not Started
Recommendation 20. Improve the built environment through structural enha	ancements and policy to in	mprove mobility and t	ransportation
Make improvements to prioritized bus stops in select Gateway Cities using existing bus stop analysis and develop policy to incentivize all RTAs to perform a bus stop needs assessment	 MassDOT Municipal Governments RTAs 	-	In-Progress
Leverage existing programs to improve walkability and infrastructure in communities, including Complete Streets	EOHHSMassDOT	-	In-Progress

Recommendations and Action Steps Facilitate Connection and Engagement (1 of 2)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 21. Increase opportunities for lifelong learning and servic	e for older adults and care	egivers	
Reduce barriers to recruit volunteer drivers by eliminating potential legal liability	• MCOA	May Require New Legislation	In-Progress
Encourage expansion of Age-Friendly University model to colleges and universities across Massachusetts	UMass SystemDepartment of	-	In-Progress
Develop partnerships with community colleges, local vocational schools and other community-based organizations to offer basic training for family caregivers	Education EOEA Community Groups 	-	Not Started
Explore opportunities to introduce a volunteer Care Corps program through federal legislation or a state program National Care Corps Demonstration Act Filed October 2018 in United States Congress	Congressional DelegationEOHHS		In-Progress
Recommendation 22. Partner with local organizations to promote connection multigenerational opportunities	on and engagement for old	ler adults and caregive	ers, including
Engage with local libraries and community centers to provide resources, programming, and other accessible and affordable supports for older adults and caregivers	 Board of Library Commissioners EOEA MMA 	-	Not Started
Identify best practices and support partnerships through local schools and the aging network to foster multi-generational relationships and programs	 EOEA Department of Education MCOA 	-	In-Progress
Recommendation 23. Build on successful programs that identify risk for isolation and depression			
Promote and expand existing programs, including Elder Mental Health Outreach Teams and Community Peer Support Specialists, to reduce loneliness and isolation and decrease rates of depression in communities	DMHEOEAMCOA	May Require Budget Changes	In-Progress

Recommendations and Action Steps Facilitate Connection and Engagement (2 of 2)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 24. Support older drivers and those in transition by addres	sing upstream determinan	its	
Improve awareness of vision changes with age and the potential intervention to improve sight <i>Transportation Workgroup Deliverable: Transportation Scan</i>	 Aging Services Providers Mass Medical Society 	-	In-Progress
Extend the "Carfit" program to older adults through Councils on Aging Transportation Workgroup Deliverable: Transportation Scan	AAAAARP MassachusettsMCOA	-	Not Started
Increase access to and awareness of car maintenance services performed by local vocational and/or high schools Transportation Workgroup Deliverable: Transportation Scan	 Aging Services Providers Community Colleges EOE 	-	Not Started
Include mechanics in Age-Friendly Business Designation Transportation Workgroup Deliverable: Transportation Scan	 Local Age Friendly Movements Trade Organizations 	-	Not Started
Develop and conduct training for Registry of Motor Vehicles and aging network providers to help older adults transition from driving to other transportation options <i>Transportation Workgroup Product: Transportation Scan</i>	 Aging Network MassDOT RMV RTAs 	-	Not Started
Recommendation 25. Explore new ways to fulfill a rider's "total trip" through supportive transportation and Transportation Network Companies			
Convene stakeholders to define opportunities for expanding wheelchair accessible rides and two-person assisted transportation <i>Transportation Workgroup Deliverable: Transportation Scan</i>	 EOHHS MassDOT Transportation Providers 	-	Not Started
Expand TNC pilots to additional regions, services, and use cases Transportation Workgroup Deliverable: TNC Best Practices and Challenges	DPU-TNC DivisionEOHHS	-	In-Progress

Recommendations and Action Steps Other Big Ideas (1 of 1)



Recommendations and Action Steps	Initial Potential Partners (List in Formation)	Potential State Legislation or Budget	Status
Recommendation 26. Reframe the conversation about aging from a "challenge" to an "asset" and reduce stigma surrounding aging and caregiving			
Deliver language and communication training to policymakers, business and technology leaders, and media	AARP MassachusettsEOEA	-	In-Progress
Increase literacy regarding topics related to aging and caregiving in the media and influencers	 MHAC Tufts Health Plan Foundation 	-	Not Started
Recommendation 27. Amplify cross-sector collaboration and partnerships to address opportunities in aging			
Convene a Massachusetts CEO Council inclusive of start-ups to mature businesses to foster collaboration, facilitate resources, and advocate for the older population	 EOHHS MeHI MIT AgeLab Benchmark Senior Living 	-	Not Started
Recommendation 28. Harness the longevity economy and make Massachusetts the Silicon Valley of Aging			
Launch an innovation challenge to solicit products and services from around the globe to reduce social isolation and loneliness Innovation and Technology Workgroup Deliverable: In Good Company Optimal Aging Challenge	 Benchmark Senior Living EOHHS GE Healthcare MIT AgeLab 	-	Complete
Continue to engage the innovation community and leading businesses through challenges, networking events, and partnerships to think about solutions that address the opportunities of an aging society and spur economic development	 EOHHS Business Leaders from Innovation Sector MeHI MIT AgeLab 	-	In-Progress



DASHBOARD UNDER DEVELOPMENT

Next Steps **Thank You**



Thank you to all the Council and Workgroup members for their outstanding contributions

Recommendations and action steps will be implemented as part of the Age-Friendly Massachusetts State Action Plan.

The following appendices provide additional information.

- Appendix A Recommendations: Workgroup Alignment
- Appendix B Workgroup Reports presented at October 23rd Governor's Council to Address Aging in MA meeting
- Appendix C Glossary

Governor's Council Members:

Marylou Sudders, Co-Chair, Secretary of Health and Human Services Eileen Connors, Co-Chair, Social Worker Rosalin Acosta, Secretary of Labor and Workforce Development Alice Bonner, Secretary of Elder Affairs Ger Brophy, Chief Technology Officer, Life Sciences, General Electric Healthcare Bill Caplin, (Retired) Insurance & Financial Planner, Transamerica Life Companies and Transamerica Financial Advisors, Inc. Joseph F. Coughlin, Director, MIT AgeLab Rosanne DiStefano, Former Executive Director, Elder Services of the Merrimack Valley Inc. Beth Dugan, Associate Professor, Department of Gerontology, UMass Boston

Kevin J. Dumas, Mansfield Town Administrator

Kate Fichter, Assistant Secretary for Policy, MassDOT **Tom Grape,** Chairman and CEO, Benchmark Senior Living

Laura Iglesias, MD Geriatric Medicine, Baystate Medical Center

Steven Kaufman, Clinical Psychologist

Chrystal Kornegay, Executive Director, MassHousing

Nora Moreno Cargie, President, Tufts Health Plan Foundation and Vice President for Corporation Citizenship, Tufts Health Plan

Ruth Moy, Executive Director, Greater Boston Chinese Golden Age Center

Alicia H. Munnell, Director, Center for Retirement Research at Boston College

Brian O'Grady, Director, Williamstown COA & MCOA President

Tom Riley, President and CEO, Seniorlink

Janina Sadlowski, Head of Quality & Regulatory, Philips Home Monitoring

Amy Schectman, President and CEO, 2Life Communities

Appendix A – Recommendations Workgroup Alignment

transportation



Caregiving1. Partner with employers to strengthen business' support of family caregivers in the workplace11. Improve self-identification of family caregivers and awareness of resources	Innovation & Technology27. Amplify cross-sectorcollaboration and partnerships to address opportunities in aging28. Harness the longevity economy and make Massachusetts the Silicon Valley of Aging
Employment2. Educate older adults on the benefits of working longer4. Establish an Age-Friendly Employer Designation program3. Introduce an auto-IRA program to increase retirement savings5. Promote value of older workers with businesses	No Direct Workgroup Alignment6. Support training for career centers to better service older job seekers17. Support the age- and dementia- friendly efforts in local municipalities7. Improve health care access and affordability of health care coverage statewide age- and dementia-
Housing8. Increase awareness and utilization of property tax deferral programs10. Expand supportive services in state public housing 19. Develop design standards for all state-funded senior housing to maintain tenancies in the face of increased frailty	for older residentsfriendly effort12. Support training, education, and21. Increase opportunities forcareer ladder programs tolifelong learning and service forpromotion professional direct careolder adults and caregiversworkforce development22. Partner with local organization13. Ensure that all program,to promote connection andservices, and information areengagement for older adults andinclusive of all populationscaregivers14. Reimagine the continuum of in-23. Build on successful programs
Transportation16. Make better use of transportation tools that are already in transition by addressing upstream available determinants20. Improve the built environment through structural enhancements and policy to improve mobility and24. Support older drivers and those determinants25. Explore new ways to fulfill a rider's "total trip" through supportive transportation and TNC	 home and facility-based services for that identify risk for isolation and those who need long-term services depression 15. Integrate health care, behavioral 26. Reframe the conversation about health, and coordinated care aging

For Additional Information on Workgroup Reports – Appendix B

Appendix B – Caregiving Workgroup Background



Co-Chairs:

- Tom Riley, Seniorlink
- Liz Whitla, Raytheon

Workgroup Members:

- Betsy Connell, MCOA
- Jessica Costantino, AARP
- Jan Levinson, Caregiver
- Kelly Magee Wright, Minuteman Senior Services
- Nicole McGurin, Alzheimer's Association
- Ruth Moy, Chinese Golden Age Center
- Janina Sadlowski, Philips Medical Systems

Guiding Principles from Initial Blueprint that Correspond to Caregiving

- Support older adults and caregivers with an information and awareness campaign
- Promote resources available to older adults and caregivers
- ✓ Promote Age-Friendly Employers

Workgroup Decisions

- Focus on **family caregivers**
- Reach caregivers where they are
 "aggregated", such as the workplace
- Use **public-private partnerships** to impact the highest number of caregivers in an efficient and cost-effective manner

Appendix B – Caregiving Workgroup Foundational Work



Priority 1: Supporting Working Caregivers

- ✓ Raised awareness of working family caregivers among employers
- ✓ Developed a toolkit for employers (business case, questionnaire, resources)
- ✓ Piloted caregiving questionnaire at Seniorlink
- Defined caregiver support criteria as part of the Age-Friendly Employer Designation
- ✓ Hosted series of caregiver lunch and learns for Executive Office of Health and Human Services employees

Priority 2: Increasing Self-Identification of Caregivers and Awareness of Resources

In addition to the above:

- ✓ Enhanced public-facing materials on mass.gov
- Created regional forums for ASAPs and community partners to exchange best practices and lessons learned in supporting family caregivers

Appendix B – Caregiving Workgroup Local Employer Pilot





- Modified survey template to be inclusive of all caregiving
- Promoted survey with leadership and at staff meetings
- First of its kind to gather information about caregiving
- Open to all Seniorlink employees for one week; garnered <u>60% return rate</u>

What Seniorlink Learned:

- Easy to administer, and employees seem to appreciate the simplicity
- No "one size fits all", so employers may need to adjust based on their workforce
- One value to the employer is knowing benchmark relative to peers
- Potential for the state to use data to inform policy



- 1. Partner with employers to strengthen businesses' support of family caregivers in the workplace
 - Test the employer toolkit with business groups
 - Establish public-private partnership to manage implementation and data collection
 - Determine data management strategy, including assignment of clearinghouse
- 2. Improve self-identification of caregivers and awareness of resources
 - Promote and support national and state awareness initiatives
 - Increase marketing and outreach efforts
 - Continue to build content on mass.gov (podcasts)
 - Continue to explore ways to meet caregivers where they naturally "aggregate" (doctor's offices, hair salons, grocery stores)

Appendix B – Employment Workgroup Background



Co-Chairs:

- **Tim Driver**, RetirementJobs.com
- Alicia H. Munnell, Boston College

Workgroup Members:

- Melissa Carlson, Boston Elderly Commission
- Joan Cirillo, Operation ABLE
- Bill Coleman, PayFactors
- Jessica Costantino, AARP
- Lydia Greene, Tufts Health Plan
- John Larson, John Larson & Company
- Joseph Quinn, Boston College

Guiding Principles from Initial Blueprint that Correspond to Employment

- ✓ Promote Age-Friendly Employers
- Promote the benefits of hiring and retaining mature workers
- ✓ Increase awareness and participation in employer sponsored retirement plans
- ✓ Explore work to save plans

Goal – Increase economic security of older adults through working longer and by saving more

- Working longer produces current income, increases monthly Social Security benefits, allows more time to contribute to retirement plans and for the investment to grow, and shortens the length of retirement
- To reduce the need to work longer, we can help people save for retirement by expanding participation in retirement saving vehicles at work

Appendix B – Employment Workgroup Foundational Work



Benefits of Working Longer

- ✓ An 'elevator speech' to summarize the benefits of working longer
- \checkmark A presentation on determining when to retire
- ✓ The Social Security Claiming Guide to explain the value of delayed claiming

Increase Retirement Savings

- ✓ Research on current retirement savings proposals
- ✓ An Auto-IRA proposal design, informed by the experience of other states

The Value of Older Workers

- ✓ *The Business Case for Older Workers* to explain the value of older workers
- ✓ A tri-fold brochure to highlight key points of *The Business Case for Older Workers*

Age-Friendly Employers

- ✓ Research on existing Age-Friendly employer designations
- \checkmark An outline of an age-friendly employer program, including criteria for the designation

Appendix B – Employment Workgroup Recommendations and Implementation



Educate Older Adults on the Benefits of Working Longer	 Request the Governor host an event on the importance of working longer Publish documents on the benefits of working longer online Distribute documents on the benefits of working longer through community partner
Introduce an Auto-IRA Program to Increase Retirement Savings	 Review existing market and legal analyses performed for other states Propose legislation to implement an Auto-IRA program Decide on third-party organizations to administer program and manage assets
Promote Value of Older Workers	 Request the Governor host a meeting with business leaders to share the case for older workers Distribute supporting documents through Executive Office of Labor and Workforce Development (EOLWD) Distribute materials to employers who work with the state
Develop an Age- Friendly Employer Designation	 Encourage employers to become certified through the state Decide whether EOLWD or a third party would administer the Age- Friendly Employer designation program

Appendix B – Housing Workgroup Background



Co-Chairs:

- Chrystal Kornegay, MassHousing
- Amy Schectman, Jewish Community Housing for the Elderly

Workgroup members included subject matter experts and varied based on the four focus areas



Guiding Principles from Initial Blueprint that Correspond to Housing

- Support aging in community models that combat isolation and loneliness
- Address critical supply and affordability gaps in housing and services
- Support older adults who want to stay in their homes but are impacted by property taxes

Priorities and Focus Areas

- Develop adaptability design standards for all statefunded senior housing to maintain tenancies in the face of increased frailty
- Build on existing best practice models to expand supportive services in state public housing
- Increase production of service-enriched housing that is affordable to middle-income seniors
- Increase utilization of **property tax deferrals** for older adults who want to stay in their homes

Appendix B – Housing Workgroup Foundational Work



Develop Adaptability Design Standards

- Industry experts in design and development created housing design standards to provide adaptability for broad accessibility and safety
- MassHousing design team reviewed draft standards
- Department of Housing and Community Development (DHCD) intends to include these standards in the next set of amendments to the Qualified Allocation Plan (QAP) subject to public comment

Expand Supportive Services In State Public Housing

- Explored best practices for services currently provided in state public housing
- Quantified need and costs to expand the supports to all stateaided senior public housing
- Discussed approaches to strengthen partnerships between Aging Services Access Points (ASAPs) and Local Housing Authorities

Identify Capital Sources to Increase Supportive Housing Production

- Analyzed market gaps to identify need for production of supportive housing that is affordable to low and moderate income older adults
- Drafted a model to leverages services for moderate income older adults
- Developed flexible underwriting guidelines for production of moderate-income supportive housing
- Explored access and affordability of personal and home care services

Increase Utilization Of Property Tax Deferral Programs

- Analyzed current utilization patterns of deferrals
- Convened an expert panel of municipal leaders to better understand the current program
- Discussed the opportunity of property tax deferral programs being included as an Age- and Dementia-Friendly best practice in the Community Compact Program

Appendix B – Housing Workgroup Universal Design Standards













Adaptability Design Standards: Core Elements

- Warm and welcoming common spaces with "senior friendly" acoustical and lighting features will promote social interactions and participation in programs
- Office space for delivery of service coordination, as well as health and wellness services
- ✓ 100% of apartments with ADA-turning radius' throughout, kitchens and bathrooms with modifiable cabinets and counters, and fixtures and finishes that are easy to manipulate
- Building-wide technology infrastructure to take advantage of emerging and ever changing "smart home" and "connected health" technology
- Use of varied colors and finishes in common areas (differing by floor and function) and apartments will aid in way-finding for older adults experiencing dementia

Appendix B – Housing Workgroup Recommendations and Implementation



Adaptability Design Standards	 Finalize review of the proposed adaptability standards for feasibility and impact Amend the Qualified Allocation Plan (QAP) to include the adaptability standards for all housing produced for older adults and funded under the QAP subject to public comment
Supports in Public Housing	 Explore opportunities to expand services and supports to all state-aided senior public housing buildings with a potential increase in resources Establish a task force with representatives to identify best practices among current Supportive Housing Providers sites for replication, as well as areas for improved program delivery
Supportive Housing Production	 Explore opportunities for increase in federal Section 202 funding Convene healthcare industry leaders to explore participation in creating sustainable and replicable programs and financial partnerships to support production and operation of moderate-income supportive housing for older adults Explore a loan product for moderate-income supportive housing production
Property Tax Deferral Programs	 Discuss legislative changes for municipal property tax deferral programs, which may include increasing income limits for participation, reducing interest rates throughout, and providing a grace period of one year Increase consumer and municipal awareness of programs

Appendix B – Transportation Workgroup Background



Co-Chairs:

- Rosanne DiStefano, Former ASAP Executive Director
- Nora Moreno-Cargie, Tufts Health Plan Foundation

Workgroup Members:

- Beth Dugan, UMass Boston
- Aniko Laszlo, MassDOT/MBTA
- Jarred Johnson, TransitMatters
- Brian O'Grady, Williamstown Council on Aging
- Dan O'Leary, Mystic Valley Elder Services
- Sandra Robinson, Needham Community Council
- Mary Skelton Roberts, Barr Foundation

What is "Transportation"?

Physical infrastructure <u>and</u> <u>services</u> – providing mobility, independence, and allowing people to get where they want and need to go

Mission

Assist individuals to age in community through **improved access and mobility** to enhance overall quality of life

Guiding Principles from Initial Blueprint that Correspond to Transportation

- ✓ Leverage and build on existing work
- ✓ Define short and long-term strategies
- Ensure equity across communities, prioritizing Gateway Cities and rural areas
- Recommend solutions that address diverse transportation needs
- Work upstream to keep older adults mobile and in control of their transportation options

Appendix B – Transportation Workgroup Foundational Work



Pyramid of Transportation Needs from Transportation Scan



(can no longer operate a vehicle and may have mobility impairments)

In Transition

(may rely on public transportation, have increased self-regulated and no longer operate a vehicle in the evening)

Fully Mobile

(able to operate a vehicle and may be providing transportation to others)

Transportation Scan

- Partnership between UMass Boston and Tufts Health Plan
 Foundation
- Statewide report documenting services in each municipality, as well as the gaps to address
- Pyramid of needs, recognizing that there is no single transportation solution for older adults or people living with disabilities

Challenges and Best Practices

- Documentation of challenges, including barriers to fulfilling a rider's "total trip"
- Identification of best practice programs and services, including RideMatch, travel instruction, and transportation network company (TNC) pilots
- ✓ One-pager to assist organizations and communities in partnering with TNCs

Gateway Cities

- Analysis of 12 Gateway Cities across the Commonwealth using data from RideMatch and AllTransit to better understand needs
- Identification of resources and ongoing initiatives to consider as part of proposed Workgroup strategies, such as existing grants and analysis

Appendix B – Transportation Workgroup **Recommendations**



Strategy	Short-Term Tactics	Long-Term Tactics
1. Explore new ways to fulfill a rider's "total trip" through supportive transportation and Transportation Network Companies (TNC)	 Convene stakeholders to define opportunities for expanding wheelchair accessible rides and two-person assisted transportation Expand TNC pilots to additional regions, services, and use cases 	 To be determined from stakeholder convening and initial pilot expansions
2. Make better use of tools that are already available, such as RideMatch and travel instruction programs	 Increase awareness and usage of RideMatch Obtain/ analyze data for select Gateway Cities Bring mobility resources and teach travel skills on the fixed route to diverse communities 	 Incentivize Regional Transit Authorities to increase offer of travel instruction programs by developing a cost/benefit analysis and best practice program materials
3. Improve the built environment through structural enhancements and policy, starting with bus stops	 Make improvements to prioritized bus stops in select Gateway Cities (potentially starting with Quincy) 	 Develop policy to incentivize all RTAs to perform a comprehensive bus stop needs assessment
4. Support older drivers and those in transition by addressing upstream determinants	 Improve awareness of vision changes with age and the potential benefit of cataract surgery among older adults Extend the "Carfit" program to older adults through Councils on Aging (COA) Increase access to and awareness of car maintenance services performed by local vocational and/ or high schools 	 Work with the communities that have developed Age-Friendly business designations to mechanics Develop and conduct training for Registry of Motor Vehicles and aging network providers to help older adults transition from driving to other transportation options



Proposed Next Steps for Implementation

- 1. Share recommended strategies with potential owners and collaboratively define detailed implementation and project plan for each tactic
- 2. Allocate a staff resource to centrally manage implementation of tactics
- 3. Develop feedback loop to engage older adults and other consumers in planning and implementation
- 4. Investigate potential funding sources and determine resource needs

Appendix B – Innovation & Technology Workgroup



- Joseph Coughlin, MIT AgeLab
- Terri Bresenham, GE Healthcare
- Thomas Grape, Benchmark Senior Living
- Yifan Lu, MIT Sloan



Guiding Principles from Initial Blueprint that Correspond to Innovation and Technology

- ✓ Become the Silicon Valley for innovative technology, products and services related to aging
- ✓ Develop partnerships for in-home technology to support older people and caregivers in their homes
- ✓ Harness technology to improve access to transportation
- ✓ Leverage technology to support and extend the workforce
- Leverage technology to facilitate communication for those who are isolated

Workgroup Focus

 The Innovation and Technology Workgroup focused on launching a global Grand Challenge, the In Good Company: Optimal Aging Challenge with the goal of creating a longevity hub

Appendix B – Innovation & Technology Workgroup AGIN Foundational Work

Launched the In Good Company: Optimal Aging Challenge

- The purpose of the In Good Company: Optimal Aging Challenge was to create tangible activity to drive engagement within the Commonwealth by leveraging innovations from across the globe and bringing them to the Massachusetts community and to increase awareness of the Governor's Council to Address Aging in Massachusetts and its mission and goals
- ✓ In Good Company: Optimal Aging Challenge launched in July and held informational breakfast and webinar in August
- ✓ Submissions closed at the end of September with a total of 66 entries received; they are in the process of being reviewed by leveraging expertise from the MIT AgeLab, Benchmark Senior Living and GE Healthcare
- Conducting research on other regional development models focused on the longevity economy to identify approaches to transform infrastructure, attract and foster new businesses, and facilitate public-private partnerships to deliver aging services

Appendix B – Innovation & Technology Workgroup AGING

Next Steps for In Good Company: Optimal Aging Challenge

1. Evaluation Process

- Challenge officially closed September 28th
- Three phases for review including: triage, expert review and final selection, and the winners will be announced in December
- Governor's Council to Address Aging in Massachusetts members may be subject matter experts on a second level review of pre-screened proposals or may assist with nurturing engagement and deployment after winners are announced

2. Deployment

- Assign champions based on subjects to assist with ongoing collaboration in Massachusetts
- Coordinate community and stakeholders efforts, including providing introductions to relevant connections or providing guidance on how to reach certain populations

Appendix B – Innovation & Technology Workgroup AGING

- 1. Continue to engage the community to think about innovative solutions to address the opportunities of an aging society through grand challenges, networking events, and partnerships
 - Meet with leaders to better understand how the aging population fits into their business priorities
 - Understand what businesses can contribute to the overall mission to making Massachusetts the most livable state for people of all ages
- 2. Convene a Massachusetts CEO Council to foster collaboration and facilitate resources for initiatives involving start-ups and mature operations and products, as well as to act as advocates for the older population
 - Representatives from the healthcare industry and also from finance, transportation, and technology
 - Address issues not only from a product and service perspective, but also from an economic and workforce perspective

Appendix C Glossary



ΑΑΑ	American Automobile Association
AARP MA	AARP Massachusetts
ADA	Americans with Disabilities Act
ASAP	Aging Services Access Point
ВС	Boston College
COA	Councils on Aging
DFM	Dementia Friendly Massachusetts
DHCD	Department of Housing & Community Development
DMH	Department of Mental Health
DPH	Department of Public Health
DPU-TNC	Department of Public Utilities-Transportation Network Company Division
EMHOT	Elder Mental Health Outreach Team
EOE	Executive Office of Education
EOEA	Executive Office of Elder Affairs
EOHHS	Executive Office of Health & Human Services
EOLWD	Executive Office of Labor & Workforce Development
LGBT	Lesbian, Gay, Bisexual & Transgender
MABVI	Massachusetts Association for the Blind & Visually Impaired
MARCH	Massachusetts Association of Residential Care Homes
MassDOT	Massachusetts Department of Transportation
Mass ALA	Massachusetts Assisted Living Association
MCOA	Massachusetts Councils on Aging
MeHI	Massachusetts e-Health Institute
MHAC	Massachusetts Healthy Aging Collaborative
MIT	Massachusetts Institute of Technology
MMA	Massachusetts Municipal Association
PACE	Program of All-Inclusive Care for the Elderly
QAP	Qualified Allocation Plan
RMV	Registry of Motor Vehicles
RTA	Regional Transit Authority
SCO	Senior Care Options
TNC	Transportation Network Company
UMass	University of Massachusetts System